

2016/17 Wellbeing Objective

WO3 - Close the gap in life expectancy for residents between the most and least deprived areas in the borough

APPENDIX 2

Outcomes

The main intention of this priority is to improve the lifestyles of our local population so that people recognise and take responsibility for their own health and well being. In turn this will reduce the variation in healthy life expectancy so that health and well being of individuals experiencing disadvantage improves to the levels found among the advantaged.

Why we chose this?

The CCBC vision is that Caerphilly County Borough is a better place to live, work and visit. This must be for all residents. Residents living in areas of high deprivation have statistically significantly higher levels of ill-health including deaths from chronic obstructive pulmonary disease, deaths from lung cancer, diabetes, mental illness and respiratory disease.

This objective was identified by CCBC in 2015, as data from Public Health Wales (2005-09) showed that there was an inequality gap in life expectancy of 8.5 years for males, and 7.8 years for females. This is the difference in life expectancy between those people living in the most and least deprived communities across our county borough. The gap for healthy life expectancy was 19.2 years for males and 17.4 years for females. This gap had increased in recent years.

Unhealthy lifestyle choices are significantly higher in more deprived areas and this creates risk factors that could impact upon the health of our residents especially smoking, obesity, physical inactivity and unhealthy diet. It is a priority of Welsh Government (Fairer Outcomes for All 2011) that by 2020 we need to improve healthy life expectancy for everyone and close the gap between each level of deprivation by an average of 2.5%. There are 5 levels in total, 1 being the most affluent and 5 being the most deprived.



A greener place to live, work and visit
Man gwyrddach i fyw, gweithio ac ymweld



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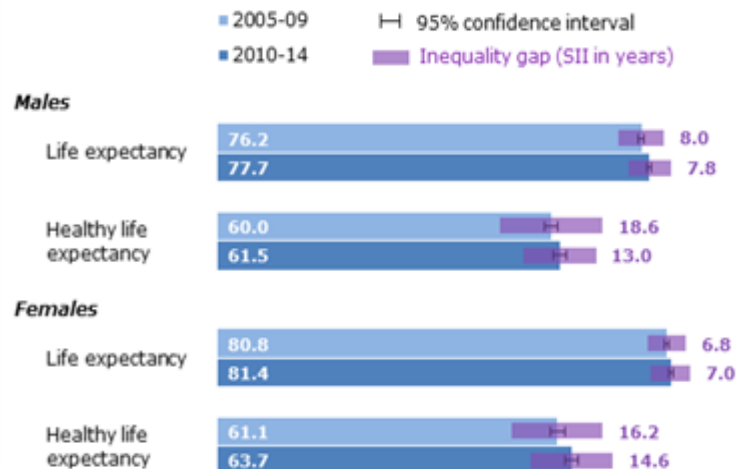
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For the year 2016/17 the overall level of progress to date on this objective is deemed to be **successful**.

In both Wales as a whole and in the county borough, health in general is improving. People are living longer and mortality rates from cancer and heart diseases are reducing. Since the publication of this objective the latest data released in 2016 by Public Health Wales shows an improving picture for Caerphilly residents

Comparison of life expectancy and healthy life expectancy at birth, with Slope Index of Inequality (SII), Caerphilly, 2005-09 and 2010-14

Produced by Public Health Wales Observatory, using PHM & MYE (ONS), WHS & WIMD 2014 (WG)



The gap in years in the life expectancy and healthy life expectancy at birth of males between the most and least deprived in the county has reduced. The healthy life expectancy gap in males reduced from 18.6 years to 13 years. For females, whilst the gap in overall life expectancy has increased by 0.2 years, the gap in years for healthy life expectancy has reduced by 1.6 years.

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What have we done well over the last 12 months?

- Adult smoking rates continue to decline.
- The % of children in Wales classed as a regular smoker has fallen since 1998.
- Over 3750 residents, living in our most deprived communities, have attended a Living Well Living Longer Health Check
- The Healthy and Sustainable Pre-School Scheme continues to be very successful with 15 childcare settings having completed the whole scheme and 10 on a waiting list to join. There are 62 settings currently active within the scheme
- Opportunities for community based self help support for people living with mild to moderate mental health conditions have increased
- Local community physical activity opportunities have increased

What areas do we need improve on, and how are we going to do it?






Resources within this arena have been significantly reduced over the past few years. This is impacting on the availability of funds and the capacity to deliver. Welsh Government have recently announced a review of the Communities First programme to establish a new approach to meet the challenges of the future. The new approach will focus on three key areas of employment, early years and empowerment. Caerphilly Communities First are significant planning and delivery partners for this Well Being Objective as well as the Healthier Theme of the Caerphilly Single Integrated Plan.

By May 2018, Caerphilly Public Services Board must publish its new Well Being Plan (this will replace the Single Integrated Plan). Work has commenced to produce an Area Assessment of Local Well Being – which is currently out for consultation. This document identifies a number of key issues that the Public Services Board and partners will need to address, to improve well-being across the county borough and develop the 'Caerphilly We Want' over the next 25 years. These issues will be filtered and prioritised to become the building blocks on which the Caerphilly County Borough Well Being Plan 2018 will be based. Consideration needs to be given to the importance of health inequalities within this process and current resources.

The Community Health Champions scheme is currently under review to examine relevancy and capacity/resources to deliver.

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Actions

Title	Comment	RAG	Overall Status	% Complete
01. Develop and implement a Caerphilly response to achieving the actions set out in 'Fit for Future Generations: a childhood obesity strategy for Gwent to 2025' consultation document	<p>The issues raised by this consultation document have been included in the new Caerphilly County Borough Area Assessment of Local Well Being (Draft Nov 2016). This document identifies a number of key issues that the Public Services Board and partners will need to address, to improve well-being across the county borough and develop the 'Caerphilly We Want' over the next 25 years.</p> <p>These issues will be filtered and prioritised to become the building blocks on which the Caerphilly County Borough Well Being Plan 2018 will be based.</p>		In Progress	25
02. Reduce smoking prevalence by increasing uptake of smoking cessation services.	<p>Rates of adult smokers in Caerphilly county borough (21% in 2014/2015) are similar to other areas of Gwent and Wales (20% in 2014/2015). With the exception of Monmouthshire (where the rate remained unchanged), all local authority areas in Gwent have seen a fall in the percentage of adults reporting being a current smoker between 2010/2011 and 2014/2015. This mirrors the trend across Wales over the same period. The rate of adult smokers in the county borough has fallen from 27% in 2007/2008.</p> <p>We also know that the % of children in Wales classed as a regular smoker has fallen since 1998. In Q1 2016/17 Stop Smoking Wales reported 131 treated smokers with 45.8% of these quit at 4 weeks (co-validated) In Q2 2016/17 Stop Smoking Wales reported 109 treated smokers with 48.6% of these quit at 4 weeks (co-validated)</p>		In Progress	50
03. Support Aneurin Bevan University Health Board and Public Health Wales to implement the Living Well Living longer programme (LWLL) across the County Borough	<p>To date, 3,560 eligible residents living in the north of the county borough have attended for a Living Well Living Longer Health Check, across 23 local community venues. • 78(2%) of patients were identified as high risk, with a CVD risk score >20%. 479, (14%) were identified as an increased risk, with a CVD risk score between 10%-20%, and the remaining 84% of patients were less than 10% risk. • 170 citizens were directly referred to Stop Smoking Wales, and 67 eligible citizens with a BMI>30 direct to Adult Weight Management Service. • 15 referrals have been made to National Exercise Referral Scheme and 56 citizens to local NERS. • 5 citizens referred directly for support with Gwent Drug and Alcohol Services. • 1264 citizens were identified with previously undiagnosed health triggers and referred back to the GP Practice for follow up. 193 eligible residents in St James Park 03 LSOA have also attended for a health check, with sessions being held in the Courthouse and Lansbury Park Practices and the St James Integrated Children's Centre.</p>		In Progress	50
04. Promote broader participation in Community based physical activity opportunities	<p>Local community physical activity opportunities have increased via projects such as Communities First, Street Games, Us Girls and Positive Futures</p> <p>The Large Scale Change initiative, which is currently running across the Heads of the Valleys area, has been successful in creating opportunities for females, aged 14-40 to be more active.</p>		In Progress	50
05. Increase residents knowledge by developing the Community Health Champions initiative	<p>This scheme is currently under review. 1 training programme completed with 7 residents from Lansbury Park. 4 new Community Health Champions resulted. Awareness sessions planned throughout the year.</p>		In Progress	25

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Title	Actual	Target	Intervention	RAG	Comment
01. Number of Community Healthy Lifestyle sessions including Foodwise, Healthy Hearts, Cooking, Biggest Loser and XPOD (pre diabetes)	199.00	190.00	175.00	Green	New Measure in 2016/17. The annual target was originally 468 but was increased to 500 when Community First targets were agreed with WG.
02. Number of participants on Healthy Lifestyle courses	219.00	257.00	200.00	Yellow	New Measure in 2016/17. The annual target was originally 484 but was increased to 514 when Community First targets were agreed with WG.
03. Delivery of Community Health Champion initiative - Number of Champions	177.00	178.00	175.00	Yellow	Annual Target = 187
04. Delivery of Community Health Champion initiative - Number of training sessions	3.00	8.00	5.00	Red	New Measure in 2016/17 Annual Target = 16
05. Delivery of community based self help support for people living with a mild to moderate mental health condition - Number of sessions	415.00	255.00	200.00	Green	New Measure in 2016/17 Annual Target = 510
06. Delivery of community based self help support for people living with a mild to moderate mental health condition - Number of participants	251.00	178.00	150.00	Green	Annual Target = 356
07. Number of people taking part in community based physical activity opportunities	2599.00	1750.00	1500.00	Green	Annual Target = 3500
08. Number of pupils taking part in the National Standards courses delivered within the Schools Cycling programme	496.00	200.00	150.00	Green	New Measure in 2016/17. Annual Target = 400
09. Number of test sales of tobacco to young people carried out	1.00	10.00	5.00	Red	We have an annual target of 20, however test purchase attempts are reliant on receipt of intelligence. If none received the service cannot carry out test purchases. Although we have only carried out 1 test purchase in relation to tobacco we have carried out 17 alcohol test purchases for the period April to September.

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Title	Actual	Target	Intervention	RAG	Comment
01. Number of smokers treated by smoking cessation service	240.00	946.00	700.00	Red	Annual Target = 5% of all smokers. Cessation services are also available from pharmacies but this data is not captured here.
02. % Schools that have achieved Healthy Schools accreditation at phase 3 (Qtly accum - Year to date)	95.00	95.00	90.00	Green	
03. % of schools working towards the National Quality Award	18.00	20.00	15.00	Yellow	The annual target is 20.
04. Number of childcare settings in Healthy Early Years Scheme - schools (Qtly accum - Year to date)	62.00	32.00	25.00	Green	10 settings on waiting list. The annual target is 64.
05. Number of settings that have completed the Healthy & Sustainable Pre-Schools Scheme	15.00	5.00	3.00	Green	The annual target is 5.
06. Number of schools achieving the final phase of the Healthy Schools Scheme - 'the Welsh Governments National Quality Award' (Annual)	7.00	9.00	5.00	Yellow	This annual target is 9.

How well did we do it? - Metric

Title	Actual	Comment
07. Smoker - Adults who reported being a current smoker (age standardised - 16 plus) - Calendar year (two year calendar average)	21.00	Target is 16% by 2020.

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Title	Actual	Comment
01. % Physically active on 5 or more days in the past week - Age standardised percentage of adults - Caerphilly	26.00	This has decreased from 28% in 2010/11. This is lower than the rest of Gwent and the Wales average.
02. % Adults who reported eating five or more fruit and vegetables the previous day (Age standardised) - Caerphilly	26.00	This has decreased from 29% in 2011/12. This is similar to Blaenau Gwent but lower than the rest of Gwent and the Wales average.
03. % Overweight or obese - Age standardised percentage of adults - Caerphilly	63.00	This is the highest rate in Gwent and higher than any region in England.
04. % Children aged 4/5 years categorised as overweight or obese in Caerphilly	27.00	This is higher than the Gwent average and higher than any regions in England.
05. Gap in healthy life expectancy between the most and least deprived areas across Caerphilly for Males	13.00	For the period 2010 - 2014. This has reduced from 18.6 years in 2005 - 09.
06. Gap in healthy life expectancy between the most and least deprived areas across Caerphilly for Females	14.60	For the period 2010 - 2014. This has reduced by 1.6 years since 2005 - 09.
07. Premature death rates for Adults		This figure will be reported at the end of the year. The overall rates of premature mortality under the age of 75 for both females and males are similar to the Wales average and are improving. Despite this there is variation across the county borough which is related to deprivation and the wider determinants of health and well being associated with it. As deprivation increases so do rates of premature mortality; premature death rates for 2012-14 were 2.1 times higher in the most deprived compared to the least deprived areas for males, and 1.7 times higher for females.
08. Number of residents signposted from screening MOTs to additional services	1577.00	See action number 3 on page 4 for further information.
09. Illegal tobacco campaign - number of enforcements made	6.00	6 intelligence reports received. All actionable and still being investigated.